

## CLAIM LISTING

Claims 1 - 11 (Canceled)

12. (Currently Amended) A training apparatus for massaging the palms and for promoting body bearing and motion, comprising:

an intermediate element formed as a rod; and  
identical end elements, each situated at a respective end of said intermediate element,

wherein each end element has a spherical ~~form~~ region, the diameter of which is adapted to the palm of the hand of a training person with a non-discontinuous spherical surface remote from said intermediate element, a turning region and a conversely concave region on its side toward said intermediate element, said turning region making a steady transition into said conversely concave region, wherein said conversely concave region making a steady transition to said intermediate element, and wherein the total length of the training apparatus between and including said spherical regions is approximately in the range of the length of the shoulder span of the person using it.

Claim13 (Canceled)

14. (Previously Presented) The training apparatus according to claim 12, wherein the radius of said conversely concave region is approximately equal to the radius of said non-discontinuous spherical surface.

15.( Previously Presented) The training apparatus according to claim 12, wherein said conversely concave region and said turning region form a smaller minimum diameter than the equivalent of the maximum diameter of said intermediate element.

16. (Previously Presented) The training apparatus according to claim 15, wherein said intermediate element is cylindrical over a substantial portion of its length.

17. (Previously Presented) The training apparatus according to claim 12, wherein the radius of said spherical surface is in a range of between 30mm and 75mm.

18.(Previously Presented) The training apparatus according to claim 12, wherein the minimum diameter of said conversely concave region and said turning region is in a range of between 17mm and 25 mm.

19.(Currently Amended) The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in a range of between 200mm and 560mm.

20. (Currently Amended) The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in the range of between 600mm to 2000mm.

21. (Currently Amended) The training apparatus according to claim 12, wherein the total length of the training apparatus between and including said spherical regions is in the range of between 600mm and 1200mm.

22. (Previously Presented) The training apparatus according to claim 12, wherein the training apparatus is molded in one piece.

23. (Previously Presented) The training apparatus according to claim 12, wherein the training apparatus is made of one of: wood, plastic, metal and stone.